

ABSTRACT

An adjustment method for optical pick-up including a light source for emitting light beams, an object lens for irradiating light beams onto an optical disc for adjustment and a drive portion for driving the object lens in a direction in parallel to the optical axis of the object lens and in a direction perpendicular to the optical axis thereof, wherein in the state where the light source is movably held with respect to the object lens and the drive portion is movably held with respect to the light source, light beams are irradiated onto an optical disc for adjustment concentrically having recording tracks from the optical pick-up to adjust relative position of the object lens with respect to the light source and inclination of the optical axis of the object lens, and an optical disc for adjustment used in such an adjustment method.